

Practical Pastoral Care (PC256)

Australian College of Theology name: *Applied Pastoral Care*

Unit Description

Learn how to ask helpful questions, listen effectively, and reflect theologically and practically on current pastoral care ministry. Learn helpful models and understand boundaries in pastoral care. Learn about sensitive use of the scriptures and prayer.

Pre-requisite

Mary Andrews College considers Pastoral Care (PC207) to be a pre-requisite for this unit.

Learning outcomes

On successful completion of this unit, you will:

A. *Know and understand:*

1. The nature and function of pastoral care
2. Some of the methods and models of pastoral care
3. Some of the skills of pastoral care

B. *Be able to:*

1. Outline some of the aims and methods of pastoral care
2. Describe some of the skills of pastoral care
3. Identify pastoral needs
4. Under supervision, apply skills of pastoral care

C. *Be in a position to:*

1. Use perspectives from other theological studies and perspectives from “Practical Pastoral Care” to continue to develop methods and skills of pastoral care
2. Use perspectives and skills from “Practical Pastoral Care” for personal understanding and to provide pastoral care in a variety of context / ministry settings, under supervision
3. Use perspectives and skills from “Practical Pastoral Care” to undertake appropriate self-care

Content

Section A: Pastoral / Spiritual care framework (10 %)

- (a) Definition of pastoral care

- (b) Definition of spirituality
- (c) Function of pastoral / spiritual care

Section B: Pastoral care skills (45%)

- (a) Communication: Attending, listening, reflecting, empathy, feelings and emotions
- (b) Work practice: impact of context, permission, agendas, boundaries, privacy / confidentiality, referrals.
- (c) Identifying and responding to individual spiritual needs (application of standard spiritual assessment models)
- (d) Use of bible and prayer
- (e) Development of ongoing pastoral / spiritual care plan
- (f) Reflection: Kolb action / reflection model applied in the context of pastoral, spiritual, theological reflection
- (g) Self-care and value of supervision

Section C: Pastoral care in context (10%)

- (a) Understanding and working in the context specific needs: as relevant, for example grief and loss
- (b) Understanding and working in the context of specific settings: as relevant, for example church, hospital, prison, aged care, multi faith community, multi-disciplinary team

Section D: Pastoral care in practice (35%)

30 hours of pastoral care in informal or formal settings for example one to one ministry, bible study groups, church, community centre, aged care facility, hospital, prison, sporting club. These encounters are to provide the basis for the preparation and presentation of verbatims and reflections.